

British Anti-Tobacco Society,

Instituted April, 1853.

"Shun Smoking as you would self-destruction."—*Lancet*

The Anti-Tobacco Journal.

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*Communications to be fully prepaid and addressed to the Editor of
the Journal,*

Glissold Lodge, 30, Bethune Road, Stoke Newington, N.

Or of the Rev. A. Sims, Uxbridge, Ontario, Canada

VOL. XXXIII. No. 2. FEBRUARY 1, 1892. PRICE
ONE PENNY.

LONDON:

E. PITMAN, 20, PATERNOSTER ROW;

TWEEDIE, Paternoster Row.

Manchester: BROOK & TUBBS, Market Street

Liverpool: WARD, Castle Street. Glasgow: G. GALLIE & Son,

Edinburgh: COSSAR, Cockburn Street. And all Booksellers.

Printed by W. THOMPSON, 51, Allen Road, Stoke Newington, N.

A Vital Question.

Can a narcotised brain—help its owner—to “Love the Lord our God with all his might, with all his soul, with all his strength”

British Anti-Tobacco Society.

ESTABLISHED 1853.

The Associate's Branch of the Pearl and Purple Ribbon Ladies' Court.

MOTTOES.

“Whatsoever is lovely and of good report.”

“He that *ruleth* his spirit—is greater than he who taketh a city.

“Not with *eye service* as men pleasers, but with *singleness of heart* as unto GOD.”

I

resolve, for the Praise and Glory of the King of Kings, to discountenance the *ab-use of Tobacco* and *Strong Drink*.

To *rule my spirit*. To cultivate self-respect--by doing unto my neighbours as I would they should do to me.

Prayer.

(A LOGICAL SEQUENCE).

Great and Almighty God be pleased to help me by Thy Holy Spirit for Jesus Christ's sake—to be *strong to think*, to *speak* and to *act rightly*—that so I may have a healthy soul, a healthy mind, a healthy body, and healthy circumstances—which will make my life a pleasure to myself, so a pleasure to others and therefore a pleasure and praise to Thee! Amen.

You are earnestly requested to sign this, and return it with your address, prepaid, to

THE EDITOR OF THE “ANTI-TOBACCO JOURNAL,”

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The Anti-Tobacco Journal.

“HE THAT HATH EARS TO HEAR LET HIM HEAR.”

“Can that which is morally wrong be politically right?” Can that which would be criminal for Solus, be righteous for Plus? If I force poison upon Solus against his will, can I plead—Not Guilty? Can then those who forced Opium Poison upon a nation, be guiltless? Is it a mistake to consider “that the blindness of the English Nation concerning Tobacco” is an outgrowth from the seed sowing—per force—of Opium poison in China?”

Lecture on the Great Tobacco Question.

Chairman—MR. ALDERMAN HARVEY.

With an Introduction by the REV. CANON STOWELL, M.A.

Mr. Reynolds has asked me to introduce his Lecture to public notice by a few prefatory remarks. It needs none—for it speaks for itself.

That he writes enthusiastically is granted :—but is there not a cause? Is not his enthusiasm borne out by his statements, statistics, reasonings? It will be easy for the thoughtless and the giddy to ridicule these, but it would be much more wise and manly either to disprove or to yield to them.

If they are valid, it is frightful to think what a canker is eating into the vitals of the nation, blighting its young men, squandering its resources, undermining its health, and depraving its morals.

If these things be so, surely the philanthropist, for his kind's sake—the patriot, for his country's sake—and the Christian, for his Master's sake—ought to withstand the evil.

HUGH STOWELL, M.A.

“Of man's miraculous mistakes this bears the palm.”

The least he knows—and cares to know—

Is of himself!

Mr. Chairman,—I have great pleasure in submitting the Tobacco Question to this audience under your Presidency. While I am obliged by your respectful introduction, I feel still more the force of your valuable observation. “There is no aspect in which the subject of my Lecture can be viewed, which does not entitle it to the appellation of the great Tobacco Question.”

For the cultivation of Tobacco five and a half million acres of land are set apart: four thousand five hundred million pounds weight are annually grown and consumed. This prodigious quantity, was, with very little exception, the produce of slave labour. If sold at twopence per pound it would realise thirty-seven million pounds sterling.

The properties of Tobacco are highly poisonous and anti-vital, or life destroying. One of its constituents is an essential oil. This oil is said, by those who have taken pains to investigate and experiment with it, to be one of the most virulent poisons in the vegetable kingdom. Tobacco contains, also, a volatile principle, called nicotine, a narcotic poison, which produces torpor, or stupefaction.

In addition to the properties of Tobacco which are already described, there is an empyreumatic oil, generated by the action of fire, which increases the injurious effects of Smoking in proportion to the length of time which the stem of the pipe is in use.

This oil, which accumulates in the tube, emits a vapour which accompanies the poison of the new made smoke; and if a person not accustomed to Smoking, were to inhale the vapour at one inspiration, which would proceed from a stem—which had been moderately used for a month—it would in all probability destroy life.

A few months ago two boys used a meerschaum, for the purpose of producing soap bubbles: one of them died from inhaling the poisonous vapour; and the life of the other was at first despaired of and it was a considerable time before he recovered.

These principles, although received into the system in comparatively small portions by the process of Smoking. Chewing, and Snuff-taking, do nevertheless exert a powerful influence on the component parts of the human system. This is, therefore a *great physical question*. Not only is the use of Tobacco an infringement of the laws of nature, but it defeats the designs of God, our Maker; and that which defeats His designs for purposes of mere sensuous gratification, must obviously be an affront to his Divine and excellent Majesty.

There is nothing which man is more prone to overlook than the displays of wisdom and power in his own body, and nothing which has a stronger claim on his consideration.

“Anatomy displays the great Creator’s plan;
Reveals on earth the Majesty of man,
Whose curious frame betrays the hand Divine,
With skill and power impressed on every line.”

The question has often been propounded—In what way does Tobacco act on the human system? The essential oil acts directly on the brain, and by consequence on the whole nervous

system. The nicotine on the heart and general circulation. How, it has been inquired, can Tobacco get to the brain? In the mouth there are nerves which are called gustatory: and others in the nostrils which are called olfactory. These nerves which convey flavour and smell to the brain, which is the seat of perception, and the carriers, also, of the principles of Tobacco. Through the absorbents in the mouth, and the lungs also, these principles are received into the system; for although the smoke does not enter the lungs, the atmosphere which passes through the mouth, is impregnated with Tobacco, and conveyed to the lungs, and that portion of saliva which passes into the stomach is also impregnated with it, and gets into the system by absorption. But, it may be inquired,—How is it that Medical men so often recommend the use of Tobacco? Simply because, to a very great extent, they have taken no pains to make themselves acquainted with the properties of Tobacco, or its mode of operation on the system. Not only so, but Medical gentlemen who, by the use of Tobacco deprived themselves of natural instincts and sensibilities in early life, are in an abnormal condition, and are thereby incapable of estimating what a normal condition is. *Vice versa*, those who are in a normal condition—that is, in the possession of undepraved nature—know nothing comparatively of the opposite condition, and because they yield to the desire of those, who assure them of the benefits which they derive from Tobacco, they are in many instances falsely accused of recommending it. Interviews which I have held with many of their number fully justify these remarks.

Not long since, in the county of Suffolk, I called on a surgeon, who is a smoker, to introduce myself. When I made known the object of my visit, he said, “Of all the humbug which has ever been palmed on the people of this country this anti-Tobacco movement is the greatest of all. I am just going to have a pipe. Will you join me?” I refused to join him, but told him as I was seeking information I should like to hear his opinion. He began by singling out a few instances in which users of Tobacco had lived to old age, but overlooked the numerous instances of those, who were once his acquaintances and patients, who had gone to early graves as the result of their habits.

In order to bring the subject before him in its true aspect, I related the substance of an interview which I had previously had with a Medical gentleman, who said that he could not connect himself with the Anti-Tobacco Society, because he smoked himself, and whom I told that he could no more smoke Tobacco without injuring his brain and nerves, than he could fire a ball through the window without breaking the glass. Again I said Tobacco exerts a direct influence on the heart and circulation.

It is in the power of all narcotics when first introduced into the system to exalt nervous force, and thereby to increase the action of the heart and the general circulation, and subsequently to depress it. Especially is this the result of Tobacco, which is densely charged with a narcotic poison. The reply was, you are right in that particular, for some time ago I applied to an agent of a life Assurance Office, to Insure my life, and when I was examined by the Medical referee, he inquired into my habits, as he discovered considerable defection in my heart's action, and when I told him that I sometimes smoked three or four pipes of an evening, he said that unless I gave up the habit he could not pass me, as it would not be honest to the office. (This, Mr. Chairman, was a Medical adviser, and I think it no libel to say that until he knew how to value and take care of his own body, he ought not to have the charge of the bodies of others. It is time this subject was exposed, for the benefit of our boys, and young men, who naturally enough conclude, that Medical men would never addict themselves to Smoking, if Smoking were really injurious.) I then asked him if he were the father of a family, and as he replied in the affirmative, I added, can your children have healthy action of the heart? Confusion was the only response. For children by a parent's imprudence to be deprived of worldly substance is hard to bear, but this is as nothing compared with transmitted sickly constitutions and enfeebled minds, resulting from vicious habits of life. *Young men! before you marry leave off Smoking.** My opponent's last effort was an attempt to neutralize my opinion about the depressing power of Tobacco, by saying that he had known the heart's action raised to 120 beats a minutes by Smoking. Than which, nothing could be more corroborative of my theory, inasmuch as the alternations of undue acceleration, and subsequent retardation, must obviously disturb and destroy the equilibrium of the animal functions, and lay the foundation of many distressing diseases. Moreover, whatever may be said about the pleasure of Smoking, *pleasure* is the *abstract*, the *reverse* is the *concrete*.

To be continued.

Be Gentle.

Do not be too harsh in your complainings of the Cigarette Smoker. Bear with him for awhile. He cannot possibly live long.—*Boston Transcript.*

*“Thank you—I should much like to read it,” said a young man—to whom an *Anti-Tobacco Journal* was given “I left off Smoking before I married.” I was much annoyed at a crowded public meeting by a Smoker's breath and Tobacco smelling clothes. I thought as I am a Smoker, how I should annoy my wife if I continued to smoke. I gave up Smoking from that night.”

A Valuable open Letter to Boys.

*By Meta Lander.**

Continued from Page 8.

“The effect of Tobacco on school-boys is so marked as not to be open for discussion.” So wrote Professor M^cSherry, President of the Baltimore Academy of Medicine. Dr. Willard Parker asserts that “Tobacco is *ruinous* in our schools and colleges, dwarfing body and mind.”

Dr. Drysdale, the Senior Physician in the London Metropolitan Hospital, speaks of medical students “who have entirely destroyed their intellect by the use of Tobacco.”

Facts gathered from Europe as well as from our own country prove convincingly that, however good the standing of lads, as soon as they become Tobacco-users, they fall below the school average. In Vermont a bright boy of fourteen fell strangely behind his class. His teachers could not account for this; but the incapacity increased till he sickened and died, when it was found that he was killed by Tobacco, to which he was in the habit of helping himself secretly from his father's store.

The public schools in France have been thoroughly examined by Medical and Scientific men, and the results given in Medical Journals. These show that Smokers, in their various examinations, are inferior in scholarship to others, and that, in the various ordeals of the year, their average rank has constantly fallen. In this connection Dr. Constan gives instances to prove that the depressing action of Tobacco on the intellectual development is beyond question, clogging all the faculties and especially the memory. Do you think it strange that the Minister of Public Instruction was led to issue a circular to the teachers in all the schools of every grade, prohibiting Tobacco as injurious to body and mind?

Dr. Decaisne, of Paris, found by investigation that “even the *restricted* use of Tobacco by children leads often to a change in the blood, paleness of the face, emaciation palpitation and intermission of the heart, diminution of the normal quantity of blood corpuscles, difficulty of digestion, and sluggishness of intellect.”

There is another point to which I want to call your attention, for some of you will by and by desire to get situations as book-keepers, or to become art students. Professor Oliver, of

*Published for the National Woman's Christian Temperance Union by the National Temperance Society and Publication House, No. 58, Reade Street, New York. Price 1 cent each; \$1 per 100, post-paid.

the Naval Academy, says he can invariably recognise the user of Tobacco "from his tremulous hand and absolute inability to draw a clean, straight line." I know of a merchant, who used to test the handwriting of every boy who applied to him for a situation, and in this way always detected Tobacco-users and turned them away.

Even if you have begun to Smoke I hope you are not as yet slaves to the habit. If you are disposed to read the book I have named, you will find a great deal of evidence on these points which I cannot put into a letter. I should like to have you thoroughly convinced, because if you have any noble aims in life, as I am sure you must have, I believe such a conviction will help you to break your fetters.

Now, I want to say some things about *Cigarettes*, which are becoming more and more the delight of boys, and which, according to Tobacconists who ought to know, "are coming to overshadow all other branches of the business."

Do you care to know how they are made? I think I can enlighten you. An Italian boy only eight years old was brought before a Justice in New York City as a vagrant, or, in other words, a young tramp. But what did the officer charge him with doing? Only with picking up cigar-stumps from the streets and gutters. To prove this, he showed the boy's basket, half full of stumps, water-soaked and covered with mud.

"What do you do with these?" asked His Honour. What do you think was his answer? "I sell them to a man for ten cents a pound, to be used in making Cigarettes. Not a particularly agreeable piece of information, is it, boys?"

In our large cities there are a great many "*cigar-butt grubbers*," as they are called. It certainly is not a pretty name, though very appropriate; for it is applied to boys and girls who scour the streets in search of half-burnt cigars and stumps, which are dried and then sold to be used in making Cigarettes.

But this isn't all, nor even the worst of it. These Cigarettes have been analysed; and physicians and chemists were surprised to find how much Opium is put into them. A Tobacconist himself says that "the extent to which drugs are used in Cigarettes is appalling." "Havana flavouring" for this same purpose is sold everywhere by the thousand barrels. This flavouring is made from the tonka-bean, which contains a deadly poison. The wrappers, warranted to be rice paper, are sometimes made of common paper, and sometimes of the filthy scrapings of rag-pickers bleached white with arsenic. What a cheat to be practiced on people!

Think of it, boys, the next time you take up a cigarette, and drop it—as you would a coal of fire. The latter would simply burn your fingers; but this burns up good health, good resolu-

tions, good manners, good memories, good faculties, and often honesty and truthfulness as well.

A bright boy of thirteen came under the spell of Cigarettes. He grew stupid and subject to nervous twitchings, till finally he was obliged to give up his studies. When asked why he didn't throw away his miserable Cigarettes, the poor boy replied, with tears, that he had often tried to do so, but could not.

Another boy of eleven was made crazy by Cigarette smoking, and was taken to an insane asylum in Orange County, N. Y. He was regarded as a violent and dangerous maniac, exhibiting some of the symptoms peculiar to hydrophobia.

The white spots on the tongue and inside the cheeks, called *smoker's patches*, are thought by Sir Morell Mackenzie to be more common with users of Cigarettes than with other Smokers.

To be continued.

Tobacco Affects the Respiratory Organs.

From the French of M. le Dr. Druhen.

In M. Lavall's book, which is presented to the Medical Academy at the Civrieny Congress, he has shewn how quinzy is one of the maladies caused by the abuse of Tobacco, but it is Mr. Bean, the doctor of the Charity Hospital, who deserves the credit of having more particularly called the attention of the Medical body to this interesting question. In an essay, presented some time ago to the Academy of Science, where the subject of quinzy is resumed, he says—"The causes of this disease are numberless, but I will mention one which has never before been thought of, it is the use, or rather abuse, of Tobacco. I have collected facts which prove this point in etiology." And he gave some examples—the following is the substance of one:—A householder of sixty years of age spent the greater part of his days in smoking, and felt much miscomfort during the night for a month, from quinzy symptoms. He left off smoking, and the nocturnal attacks disappeared, the digestive organs also improved at the same time. At the end of six months he again commenced smoking, and again the attacks returned. Finally he gave up the habit and his health was perfectly restored to him.

Great Increase in Smoking.

"Tobacco Smoking appears to be making among us, enormous

strides. During the last fifty years the consumption per head of the population has nearly doubled. But a more remarkable fact is that last year the quantity that paid duty was larger than that of the year before by the enormous amount of 3,188,336 pounds. This is stated to be more than double the increase recorded in any previous year."—*Bristol Paper*.

Opinions about Tobacco.

Copied from "The Smoker."

"Evidences arise every day which convince me more and more that the prevalent use of Tobacco, especially by the younger portion of the community, is destroying the physical stamina of our country, stripping youth of its bloom and beauty, and manhood of its verility, or a reflex influence on morals which is truly deplorable."—*The Rev. Francis Close, D.D., late Dean of Carlisle.*

"Young men who smoke Tobacco may have delight in it, but it lessens their strength, brings on premature old age and hastens death. Surely such self injury is dishonourable to our Maker and treachery to one's self. It would be possible to enumerate many poisonous and acid vapors in Tobacco smoke, but not one element of health and vigor. So far as it acts, it diminishes bodily and mental strength, and lessens those possibilities of alert intelligence and fruitful action which makes life full and honorable."—*Dr. Robert Martin, of Manchester, addressing an Anti-Tobacco meeting at Liverpool.*

"I do not hesitate to say that if a community of both sexes were to be trained to the early practice of Smoking, or if marriage were confined to the Smokers, an apparently new and physically inferior race of men and women would be bred up."—*Dr. Richardson.*

"Does it promote a man's worldly interests? No. On the contrary, you do not think well if either tradesman or professional man smells of Tobacco first thing in the morning. It is a certain sign at least of half an hour's laziness and self-indulgence while the pipe lasted; and experience has taught you he is less fit for his work, whatever it may be, from the fuddling influence of Tobacco. If the work he has had to do be intellectual, he has partially incapacitated himself for it. Men who have professional avocations of an intellectual kind cannot afford to smoke except very occasionally. It would ruin them."—*Mr. Campbell Foster, Q.C.*

Printer's Errata on the Third Page of Wrapper, January Journal.

Line 24—Read "æsthetic" for asthetic.

Line 29—Leave out the word "in" at the commencement of the line.

“MARION GRAHAM;”

OR, “HIGHER THAN HAPPINESS,”

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PRESS AND OTHER NOTICES.

“Marion Graham” is a voice from two generations. There are echoes of Wordsworth and Carlyle, with questions concerning God and His Government. And there are the later questions of science and religion, of probation and retribution, of progress in theology and revision of creeds—all treated—not in a dry, speculative way, but as matters that make the history of souls. Thus the book is a growth, and has the ripeness and richness of a garden filled with the fruits of many years, and of the various seasons. Yet there is no confusion, for all is skilfully woven together by the story of human love and sacrifice, of fate, and loss and blessedness. Its theology may be assailed as too progressive, or too conservative, as breaking away from old moorings or as not striking boldly out to sea. The great sacrifice of its heroine may be pronounced folly; the great change in its hero irrational. But it is all true to the conflicting course of life and true to the leadings of a superhuman wisdom *Christian Union*.

I began reading “Marion Graham” on your account. I finished it on my own. It is a story of surpassing power and beauty; the characters all drawn as if from life, and with a marvellous diversity of form and tint—so many good people so wonderfully unlike, as are, in fact and in life, “the plants of the Heavenly Father’s planting.”

The plot is admirably developed—a series of surprises, yet all accounted for. The story does not show its future in advance but the curtain unrolls, little by little, and often upon the unexpected.—*Rev Dr. A. P. Peabody, of Cambridge.*

The book bears evidence of the wide reading of the Author, as well as of her remarkable religious insight, and perfect familiarity with the theology of the past and the thought of the present.—*A.M.H., in Christian Register.*

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